

NEWSLETTER

REDLANDS BAYSIDE
MASTERS SWIMMING CLUB



November 2016

PRESIDENT'S REPORT

Hi Everyone

Well it's that time of year where we reflect on the year gone by.

Our postal swim was a success insofar as attendance from our club members but disappointing as a whole, in terms of the amount of time and effort expended by Sue Lee and Rod Mackenzie and the outcome which was not as strong from other clubs as had been hoped. Personally I'm glad as a club we held an event as, being involved in MSQ, it's important to encourage swimmers to become involved in events held by clubs.

Again a huge thank to Sue and Rod for the tireless work during the postal period.

On behalf of the club I would also like to thank Linda Meredith, Tracey Mann, Sharon Devitt, Trevor Green and Rod Mackenzie for their attendance at the coaching course held at the Cleveland pool.

I'd also like to mention Ann Gartshore for her continued guidance in helping our new coaches.

Our new coaches are at different stages of their course because of their time frames. Thank you again to our coaches for their continued efforts.



I was also pleased to see our grant for a laptop computer approved and I'm sure it will be a huge asset in terms of our club moving forward.

Thank you also to the committee for their continued support in the running of our club.

The biggest thank you goes to all our members. Without you we obviously don't have a club. Thank you for representing our club at swim meets. Thank you for your support in club events. Our club is a friendly club and it is such a pleasure and honour to be your president.

On a personal note I've been appointed the Meet Director for the Nationals that are being held at the Southport Aquatic centre in March next year. I'm very honoured and looking forward to this challenge.

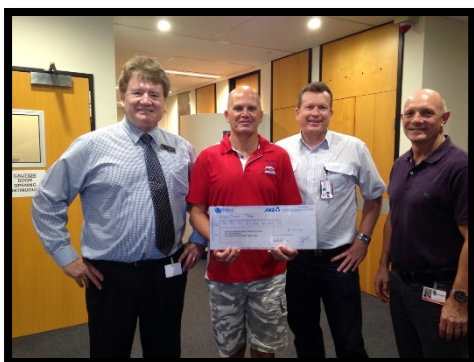
I'd like to wish you all a Merry Xmas and Happy New Year.

Shane Knight, Club President

MEMBERSHIP

The Club now has a total of 60 members, and welcomes Shane Cooke who joined in September this year. Shane is a regular on Club days and has a commitment to fitness and endurance. He is currently participating in the NSW Swimming Uphills Postal, together with Peter Fitzgerald and Rod Mackenzie. We have potential new members who are currently being coached in the 25m pool and many visitors to the Cleveland Aquatic Centre have availed themselves of our brochure which has recently been updated and reprinted. Thanks are due to Registrar Vivien Carlsson for her time in organising these processes.

COUNCIL GRANT



President Shane Knight was presented with a cheque and is shown with Councillors Lance Hewlett, Paul Golle, and Peter Mitchell

In September the Club was pleased to learn of the success of its grant application to Redland City Council for the purchase of computer equipment. The Club appreciates the Council's consideration of the application and the award of an amount which will allow the club to automate and centralise its processes.

Cr Peter Mitchell is pictured at right, with President Shane Knight and Club members, holding the Club's Microsoft Surface

Pro tablet which will make poolside recording a smoothly automated process, will facilitate competition entry procedures and be a valuable instruction aid for new members. The grant also allowed the purchase of a printer.



WINTER WARMUP POSTAL

Redlands Bayside 2016 Winter Warmup Postal concluded in September and results are now on the MSA website. The club's inaugural postal was held the previous year. While the response from other clubs was disappointingly less than expected, QRB enthusiasm was high this year due to the dedicated organisation within the club. Thanks are due to Sue Lee and Rod Mackenzie

for their considerable effort in publicising, recording and also making participation by QRB members memorable and fun. QRB members are now more aware of the postal process and are keen to participate and support other clubs, with the current Swimming Up Hills hosted by Hills AUSSI Masters attracting some of our members.

COACHING

Over the winter months Ann Gartshore has provided coaching in the 25m pool in addition to supporting the coaches in training Rod Mackenzie, Linda Meredith, Tracey Mann, Trevor Green and Sharon Devitt. The dedication and commitment to swimmers of

all levels by each of these Club members is very much appreciated. Rod and Linda have completed their pool deck hours and required paperwork and are awaiting formal acknowledgment from Masters Swimming Australia.

SWIM MEETS

BRISBANE NORTHSIDE – 20 AUGUST 2016

Alan Patterson and Emma Marshall represented QRB at the Brisbane Northside Meet at the Valley Pool in August with Alan securing Silver and Emma Marshall achieving personal bests in all her five races - 25m

freestyle and 50m freestyle, the 25m and 50m backstroke and 25m breaststroke.

Congratulations to Emma, our most improved, dedicated and prolific competitor this year.

TOOWOOMBA TADPOLES SHORT COURSE EVENT – 3 SEPTEMBER 2016

Emma Marshall was QRB's only representative at Toowoomba but not at all fazed. She tackled her races with commitment and being aware of how important nutrition is to a competitor, she was well fuelled to deal

with the cooler climate and also to sustain her over her five races. Emma took her personal bests to a new level in the 25m and 50m freestyle, eclipsing her previous PB's at the Brisbane Northside meet.

SUNSHINE COAST LONG COURSE EVENT, KAWANA – OCTOBER 22 2016

The Sunshine Coast Masters Swimming Club hosted a swim meet on October 22 at the Kawana Aquatic Centre which attracted 96 entries. With the lure of sunshine and a nearby ocean swim for those inclined, nine QRB members headed north for a weekend getaway.

Sharon Devitt, Emma Marshall, Rod Mackenzie, Linda Meredith, Rose Milnes, Gail, Ann and John Gartshore and Tina Hanley entered the meet and were rewarded with a day of competition, fun and camaraderie. Swimmers were supported by family members, Jo and Carol Gartshore, Gill Mackenzie, Sharon's mother Marion and Tina's partner Frank and the two Club gazebos provided shade and space to spread out and soak up the carnival atmosphere. Medallists were **John, Linda and Rod, all scoring Gold, and a Bronze to Emma.**

Personal bests were achieved by Rose (50m free), Gail (50m back) and Tina (100m free). Special mention to Sharon who made a gallant return to competition with crippling neck and



shoulder pain and set herself a gruelling schedule. QRB attained overall equal fourth place.

Congratulations to the Sunshine Coast Masters for running the event with expertise after a break of a few years. A number of cheers went up in the QRB gazebos as raffles were drawn towards the end of the meet. The medal presentations were accompanied by a barbecue and some fine blues and jazz by Girl Friday Band.



Sisters Carol, Jo and Gail Gartshore busy on social media

John giving the thumbs up to social media!



Emma chilling

Emma's bronze from the Sunshine Coast meet



Sunshine Coast Masters Club logo-labelled lane prize – red or white!

Gold medallists Rod, John and Linda with Ann (Ann proudly displaying and safeguarding Emma's bronze). Gill holds a lane prize at back – great memento from the meet.

Linda competed in the Ocean Swim at Bribie the following morning.





JUPITERS PAN PACIFIC MASTERS GAMES 4-6 NOVEMBER 2016

QRB was represented by four members at the Pan Pacs, Linda Meredith, Nathan Mead, Tracey Mann and Trevor Green. All competed over the intensely competitive three day swimming event, and all medalled. President Shane Knight attended and officiated during the event, with Emma Marshall also in attendance to cheer on her clubmates.

Medal details as under. Linda was pleased with, and is to be congratulated on her PB of 33.31 in the 50m freestyle and PB of 1.35.50 in the 100m backstroke.

Medal results as under:

LINDA MEREDITH	50M BACK	GOLD
	200M FREE	SILVER
	100M BACK	SILVER
	50M FREE	BRONZE
	4X50 RELAY	BRONZE
TRACEY MANN	200M IM	BRONZE
	4X50 FREE RELAY	SILVER
TREVOR GREEN	200 BUTTERFLY	BRONZE
	4X50 RELAY	SILVER
	400M BUTTERLY	GOLD
NATHAN MEAD	4X50 FREE RELAY	SILVER



Tracey, Linda and Nathan



Haul of medals from Day 1, Tracey and Linda's combined bronze and silver medals



Shane Knight, Rachel Keogh and David Findlay



Trevor with fellow Pan Pac competitor.
Pic courtesy David Brinkman Photography



Tracey displaying her set of Gold, Silver and Bronze from the Pan Pacs

Linda finished on a high note on the Monday by taking out Gold in the 1 km ocean swim at Mermaid Beach.

Tracey's team took out Gold in the netball with Tracey playing strongly despite knee injury.

We can certainly be proud of our athletes who compete at this level and soldier on, carrying injuries and still giving of their best.



Linda with Gold Medal from the Mermaid Beach Ocean Swim. Pictured with a fellow medallist.

UPCOMING MEETS 2016

DATE	L/SC	CLUB	CODE	REGION	SANCTION	VENUE
NOVEMBER						
19	SC	Cairns Mudcrabs	QCN	North	21/16	Gordonvale Aquatic Centre
20	SC	Caboolture Crays	QCD	Sunshine	22/16	St Peters School, Caboolture
27	OWS	North Mackay Sinkers	QNS	Central	23/16	Pioneer River, Mackay
DECEMBER						
3	LC	Aqualicious	QAL	Sunshine	25/16	Centenary Pool, Brisbane

NOTE: THE QUEENSLAND 2017 CALENDAR OF EVENTS IS AVAILABLE ON THE MASTERS SWIMMING QUEENSLAND WEBSITE AND A PRINTER FRIENDLY VERSION CAN ALSO BE ACCESSED FROM THE SITE.

The 42nd Masters Swimming Australia Championships (Long Course) will be hosted by Queensland. The event will take place at the Gold Coast Aquatic Centre, Southport from 8 - 11 March 2017



THE EVENTS

DAY 1 – Wednesday, 8 March	DAY 2 – Thursday, 9 March	DAY 3 – Friday, 10 March	DAY 4 – Saturday 11 March
200m Butterfly	400m Individual Medley	100m Backstroke	200m Individual Medley
50m Breaststroke	100m Freestyle	50m Butterfly	50m Freestyle
4 x 50m Mixed Freestyle Relay	200m Backstroke	400m Freestyle	100m Breaststroke
50m Backstroke	100m Butterfly	200m Breaststroke	200m Freestyle
800m Freestyle	4 x 50m Mixed Medley Relay	4 x 50m Women's Medley Relay	4 x 50 Women's Freestyle Relay
		4 x 50m Men's Medley Relay	4 x 50 Men's Freestyle Relay

Entries open **Monday 5 December 2016** with Closing Date Monday **6 February 2017**. Full details are available on the Masters Swimming Queensland website.

VOLUNTEERS REQUIRED FOR NATIONALS

President Shane Knight is pleased to accept the position of Meet Director for this event and any QRB swimmer or spectator who is willing and able to volunteer time to assist with the program proceedings is invited to discuss with Shane.

TRIATHLONS AND OCEAN SWIMS

HEATHER ROBINSON

Heather Robinson ticked off a box when she completed her first ocean swim of 1 km in November and earned first place in her age group, winning double tickets to dinner at the Burleigh Heads Surf Lifesaving Club. Heather reports that she is keen to participate in future ocean swims.



SUE ROBBA



Sue is pictured looking strong at the Noosa Triathlon in October this year.

QRB member Sue Robba began competitive swimming with our Club at the State Titles in Miami in March this year, winning Gold, Silver and Bronze medals in her individual events. She boosted her medal count in May with a Silver medal from the Noosa meet.

Sue has had her setbacks in the second half of this year with shoulder injury but this hasn't stopped her determination and competitiveness.

The Gatorade Series, Sue reports, has had 2 rounds completed out of a 7 series competition. Sue has competed in both rounds as a part of a team and will be competing in round 3 as an individual. Sue is enjoying being part of a team as it gives the opportunity for athletes to compete when they would not necessarily do so due to injury. Sue's team of 3 women have a total of 144 years of living. Round 1 saw the team achieving second and in round 2, the team won gold and are currently leading the competition points.

Sue competed in the Noosa Triathlon with a 1.5km swim, 40km bike and 10km run. It was a tough swim and the run very hot, she reports, but she finished!

SOCIAL

A MILESTONE, A MEDAL AND A MEDALLION



John's surprise birthday celebration at Samson's

Prior to his Gold Medal at the Sunshine Coast, John Gartshore celebrated his 80th birthday and President Shane presented him with an "OBE".

Club members attended a celebration of John's birthday at Samson's, Raby Bay while family celebrations included a trip to the Gold Coast Outback Show.



John's first investiture, the OBE. A nifty sleight of hand with the numbers John!

KOKEDAMA WORKSHOP

Swimming couldn't be further from the minds of Linda Mansfield, Sue Lee and Rose Milnes and Linda as they expanded their plant growing and artistic skills at Capalaba Nurseries and Landscape Supplies. Kokedama is a form of Japanese garden art that is centuries old and tied into the practice of bonsai.



SNORKELLING AT THE GREAT BARRIER REEF

- Vivien Carlsson

In October this year I was lucky enough to spend a week in Cairns, 4 nights of which we spent on a cruise ship with Coral Expeditions experiencing the best of the Great Barrier Reef between Cairns and Lizard Island. This was definitely the highlight of our week and something I will have in my memories forever.

The Coral Expeditions II is a beautiful ship, just 35 metres long and accommodates 44 guests. Our group of only 17 passengers was thoroughly spoilt by our 14 crew members with excellent cuisine and friendly service.



Each day we spent snorkelling the reefs around the area off Lizard Island then directly off the ship to Ribbon Reef and Escape Reef. Even though we were a little worried by all the negative publicity surrounding the bleaching of the reef we saw very little evidence of this at the places we went to. Snorkelling among the beautiful coral gardens and thousands of colourful, tropical fish was like being in a wonderland.

My last snorkelling experience on Lady Elliott Island was rather disappointing due to bad weather so I now feel very well satisfied after this expedition and can tick it off my bucket list.

POOL ATTENDANCE

It is pleasing to see an increased number of members in the 25m and 50m pool over the past couple of months. Sunday numbers have been 20+ with the cooler Wednesday

evenings attracting approximately 10. Those who have braved the cooler nights have been rewarded by more individual coaching in the 25m pool.

DVDS AVAILABLE FOR LOAN

As mentioned in previous newsletters DVD's covering technique in all strokes and drills and skills are available for loan from the Club.

Please make an enquiry to Ann Gartshore or Rod Mackenzie.

NEW FACEBOOK PAGE

The current group Facebook page has been renamed QRB Masters Swimming (to distinguish between the superseded group). Any Facebook user who is not currently a member of this page may send a Facebook request to join. The page was launched by

Linda Meredith and Gail Gartshore following the Annual General Meeting this year and has current content including posts from the Sunshine Coast meet and the Pan Pacific Masters Games.

CHRISTMAS PARTY



The Club's Christmas Party is to be held on Sunday 20th November from 10 am – 12 noon at Cleveland Aquatic Centre's Clubhouse, as advised by email. Family of club members welcome. Please RSVP Rose Milnes by 16 November.

Members are reminded that should they wish to organise any social event (movies, theatre, café) this can be facilitated through emailing Susan Lee at social@qrbmasters.org.au. Sue will then forward the email to all members.